


November 2018

EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		10am: Diabetes Support Group	1pm: Alzheimer's Support Group 6pm: Candlelight Reflections Ceremony	
5 10am: Caring Connection Support Group	6 1pm: Caregiver Time Out	7	8 8am: Veteran's Breakfast 10:30am: Stress & The Holidays 1pm: Grief Support Group 1pm: Stroke Support Group	9
12 6:30pm: MS Support Group	13 1pm: Caregiver Time Out 1pm: Vision Loss Support Group 6pm: ANGELS Support Group	14	15 1pm: Alzheimer's Support	16 1pm: Afternoon Movie
19	20 1pm: Caregiver Time Out	21 10:30am: Parkinson's Disease Support Group	22 THANKSGIVING Center Closed	23
26	27 1pm: Caregiver Time Out 6pm: ANGELS Support Group	28	29	30

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.